

WELLNESS RECOVERY ACTION PLAN

DATE & TIME: August 11 & 18, 2015

10:00 AM - 3:30 PM

Attendance on both dates is mandatory

All registration is completed on the Learning Net prior to the training. Sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be admitted.

PLACE: AFSCME
514 Shatto Place
Los Angeles, CA 90020

August 11th – (2nd Fl. Conf. Rm.)
August 18th - (3rd Fl. Conf. Rm.)

PARKING: Park at 523 Shatto Place (parking structure)

The Wellness Recovery Action Plan is a tool used to monitor, reduce and eliminate physical or emotional symptoms. WRAP is used as a relapse prevention tool in which consumers become active in their recovery. This training will focus on the modules of WRAP: wellness toolbox, daily maintenance plan, triggers, etc. Participants will learn how this tool promotes wellness and recovery on a daily basis. The workshop includes participants developing their own WRAP to better understand its importance in the recovery process. Implementation and barriers and to implementation and solutions will be addressed.

TARGET AUDIENCE: DMH Providers and DMH contracted staff only

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Complete a wellness toolbox
2. Identify the components of WRAP
3. Discuss how culture may impact one's WRAP
4. Explain the components of crisis planning
5. Discuss the five key concepts and how they connect to WRAP
6. Develop a daily maintenance plan
7. Explain how addressing triggers can decrease mental health symptoms
8. Identify ways to implement WRAP into clinical practice while addressing barriers to implementation
9. Define the difference between "Early Warning Signs" and "When Things are Breaking Down"

CONDUCTED BY: Lisa Song, LCSW, WET Division & Jan Friend, LCSW, WET Division

COORDINATED BY: Janice Friend, Training Coordinator
e-mail: jfriend@dmh.lacounty.gov

DEADLINE: When maximum capacity is reached

CONTINUING EDUCATION: 9 CEU's for BBS, BRN and CAADAC

COST None

DMH Employees register at:
<http://learningnet.lacounty.gov>

Contract Providers complete
attached training application

☐ Cultural Competency ☐ Pre-licensure ☐ Law and Ethics ☐ Clinical Supervision ☒ General



County of Los Angeles Department of Mental Health
NON-DMH STAFF TRAINING APPLICATION FORM
Please Print or Type



Instructions

Each individual must complete a separate application form for each training he/she wishes to attend. Please complete the application in full. Applications will not be processed with incomplete or inaccurate information. Notification of registration confirmation for a training will be provided by the training coordinator. Unless otherwise specified, walk-in registrations will not be admitted.

For trainings, sign-in begins 30 minutes prior to the training time. All participants must arrive during the sign-in period. Late arrivals will not be permitted.

This form is not to be used for LPS Designation Training. The LPS Application is available at lacdmh.lacounty.gov/training&workforce.html.

Training Title

(as in DMH bulletin): **Wellness Recovery Action Plan**

Date(s): **August 11 & 18, 2015**

Training Coordinator: **Janice Friend, LCSW**

County Employee Number

(non-county employees supply the last four digits of the SSN)

Name

Program, Service or
Agency

Job Title

Address

City

Zip Code

Telephone

Email

License or Credential Number(s) (complete as many as applicable)

CAADAC

LCSW

LPT

LVN

MD

MFT

Psychologist

RN

Supervisor's Approval (Applications will not be processed if not signed by supervisor)

Print Supervisor Name

Supervisor's Signature

For processing, please return Application to:

Los Angeles County Department of Mental Health

Workforce Education and Training Division

695 S. Vermont Avenue, 15th Floor

Los Angeles, CA 90005

Fax: (213) 252-8776

Phone: (213) 251-6874

Email: jfriend@dmh.lacounty.gov

(When faxing, there is no need to use a cover sheet)